

Summer 2017

Girls Incorporated of Greater Lowell

Activity Schedule for Week Seven: August 7-11



THE POWER OF PLAY

MONDAY

Please remember to bring bathing suits, swim towels and backpacks this Monday and Friday for swimming at South Common Pool! The Girls Inc. Store will be open in the lobby during pick-up time (4:30-5:30) on Tuesdays and Fridays.

We'll kick off **The Power of Play Week** with a morning of swimming at the South Common Swimming Pool. After morning swim time, we will have lunch (which is provided through the Lowell Healthy Summer Program) and play group games. The afternoon will be divided into three hour-long intentional activity sessions, during which girls will rotate through each age group activity. The choices for the "Youngers" (girls in Groups 1-4) will be: participating in a positivity circle to promote holistic health and healthy self-esteem in SWEAT, playing a gibberish interpreter game to learn about communication in Drama Queens, turning rhythm into songs in Musical Muses, and learning what it means to be innovative to create inventions out of various supplies like mini engineers in Empower Pages. Choices for "Olders" (girls in Groups 5-8) will be: experimenting with soda sugar to investigate if diet vs high calorie ones taste differently and learning to make hypothesis in Exotic Explorers, learning about amendment defenders and arguing scenarios in Rad History, practicing the sport hockey and learning about Canada in Global Girls, and making meatloaf in Lady Chefs. We'll wrap up the day with snack and group games.

TUESDAY

Girls and staff will meet at Girls Inc. this morning for exciting group challenges and projects. The girls will have lunch at noon, then head to an afternoon of activities. The "Youngers" (groups 1-4) will enjoy: learning photography and multimedia skills while building leadership in Photo Me, reading "The Polar Bear Son" and learning Artic folklore and Eskimo culture in All Star Readers, building knitting skills in Neat Knitters and discovering the bee lifecycle and doing a bumble bee word making activity in Nature Nook. The "Olders" (groups 5-8) will be: continue reading "The Devil's Arithmetic" and learning about the Holocaust in a summer long book club in Rockin Readers, exploring modern dance techniques in Fancy Feet, creating comfort boxes to help cope with negative feelings in Express It, and learning Salsa Latin dance in Body Pump. The day will end with snack and general group activities.

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WEDNESDAY

Field Trip Day! Buses depart at 9:00.

OLDERS: Museum of Science- Boston, MA (Groups 5-8)

The older girls will head to Boston to discover the awesome wonders of the Museum of Science. With its mission to stimulate interest in and further understanding of the natural sciences and technology, its exhibits encourage learning through hands on and engaging interaction. Groups will have the opportunity to view the lightning show (with audience participation), walk through The Hall of Human Life- with more than 70 interactive components to interactively engage visitors with their own biology, and explore space in a full-size model of the Apollo and Mercury capsules.

Your day kit should contain: drinking water and good walking shoes.

YOUNGERS: Boston Children's Museum- Boston, MA (Groups 1-4)

The younger girls will be visiting the famous Boston Children's Museum. Four floors packed with fun and engaging hands-on activities! Your daughters will experience rock climbing, explore in a science playground, visit different cultural lifestyles, and meet the famous Arthur and his little sister D.W. This year the girls will get an extra special treat in the Explore-A-Saurus Exhibit: a new addition to the museum that allows visitors to assume the role of a paleontologist and explore the world of dinosaurs.

Your day kit should contain: drinking water and good walking shoes.

THURSDAY

The girls will begin this exciting day with local "Mini Field Trips," during which they will explore a variety of organizations, museums, galleries and businesses in the Lowell area! Lunch will be served at noon, after which "Youngers" will have choice activities of: exploring a real bank in Money Mania, creating worry dolls and learning Guatemalan culture in Around the World, discovering the history of Mexico and the piñata and singing a silly song in Herstory's Treats, and learning about Olympic sports in Fab Fitness. "Olders" will also have rounds of Choices, during which they can choose from: learning about Shirley Jackson, the first African woman doctorate from MIT in nuclear science and physics in Sheros, making predictions and mathematical calculations about the sun in Astro Girls, reading "the King's Equal" and exploring equal rights in Lit Ladies, and practicing deep breathing meditation techniques in Mind and Body. The day will end with snack, clean-up and group games.

FRIDAY

Friday morning will jump start with swimming at South Common Pool, followed by lunch at noon. Activity time will follow where "Youngers" will have choice activities of: celebrating "National Koolaid Day" and exploring the world of advertising in Fancy Fridays, doing sports drills in Work It Out, reading "The Lamb and the Butterfly" and making a butterfly craft in Artsy Authors, and learning about India while reading "I is for India" and making mandala designs in Traveling Tots. "Olders" will choose from: learning about types of bullying in Kindly Kids, working on public speaking and learning about monologues in Act It Out, conducting a force and laws of motions experiment in Savvy Science, and creating making Hawaiian costumes and a perfect imaginary vacation in Bold Art. The day will end with snack, clean-up and group games.

Discover something new this weekend!